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GERIATRIC THERAPEUTIC EXERCISE



GET 20 CONTACT HOURS IN 1 WEEKEND AT A GREAT PRICE!

2019

Laguna Hills, CA
February 23-24

Sevierville, TN
March 9-10

Missoula, MT
April 6-7

Kalamazoo, MI
May 18-19

Greenville, SC
September 14-15

Vineland, NJ
November 2-3

If EVIDENCE is your buzz word... this is your course! This **20 contact hour course** is ready made for the clinician that is committed to using **evidence-based exercises** and treatments in the clinic tomorrow. This course contains years of research with over **1000 references with hundreds of exercises ready to be used.** The evidence of today for treatment tomorrow!



Mark Traffas
PT, GTC

 **GSB**
GREAT SEMINARS & BOOKS
Geriatric Rehabilitation Education and Training

Faculty

Mark Traffas graduated, in 1992, from St. Louis University. Immediately after graduating Mr. Traffas began working as an outpatient therapist in San Jose, CA. In 1993, he began working full time as a traveling therapist. Through his travels he has worked in the acute, sub-acute, acute rehabilitation, outpatient, home health and skilled nursing settings. These unique opportunities have allowed him to work with and develop exercise programs for clients of all ages in all phases of recovery. Since 1999, he has worked primarily in the skilled nursing setting.

In 1997, Mr. Traffas began as a volunteer physical therapist in the Peace Corps. Mr. Traffas was assigned to the country of Malawi which is in south east Africa. While in Malawi, he had to rely primarily on therapeutic exercises and improvisation, as few modalities, such as electrical stimulation and ultrasound were available.

In 2001, Mr. Traffas was in the first group of physical therapists to take and pass the Geriatric Training Certification offered by GREAT Seminars and Books, Inc., and now works as the Director of Rehabilitation at Plum Tree Care Center in Los Gatos, CA. Mr. Traffas has been presenting for GREAT Seminars, since 2001. In 2010, Mark wrote and developed an online course with GREAT Seminars Online, "Wiihabilitation; You Never Knew Skilled PT (and OT) could be this fun!" This accredited course is currently available at www.greatseminarsonline.com. In 2012, Mr. Traffas was awarded the Most Outstanding Lecturer Award, presented by Great Seminars and Books and in 2013, was recognized at a Clinical Instructor of Excellence by the The Northern California Clinical Education Consortium.

Mr. Traffas actively promotes exercises for persons of all ages as the best cure for most conditions and believes the sharing of ideas will only add to our profession and, more importantly, to the quality of care provided by both physical and occupational therapy. In addition to lecturing and mentoring rehabilitation students, his articles have appeared in several different publications, including: *PT Bulletin*, *Advance for PT's and PTA's*, *Advance for Directors of Rehabilitation*, *Gerinotes and Topics in Geriatric Rehabilitation*.

Mark Traffas has embraced evidenced based practice in his daily treatment of patients. He encourages and provides all of his course participants a myriad of resources and clinically useful protocols and examples that are easily implemented into everyday practice. His energetic presentation of information and wealth of resources helps his course participants to stay current with the literature and be willing to try new ideas proven through research for practice today and in the future.

Description

Older patients have multiple diagnoses, take multiple medications and are frequently de-conditioned and possibly have never exercised. Therefore, exercising geriatric patients presents a unique challenge to therapists.

Participants will learn different exercise techniques and innovative interventions for all the body's major joints as well as for the most common diagnoses seen in the older person (i.e. stroke, Parkinson's, gait and balance disorders, etc.). These exercise techniques will be supported by evidenced based studies which are absolutely vital in justifying rehabilitative services in this day of Medicare changes and managed care. Participants will learn how to use functional tools to establish and guide exercise programs, thus improving functional test scores, balance, treatment outcomes and safe mobility.

Working with older patients and developing exercise programs can be challenging and sometimes difficult. But it can also be fun and rewarding and using evidence based treatment strategies will ensure you are providing the best care possible.

There has never been a better time to start using evidence based exercise. The research is out there and the library of evidence is growing bigger every day. This course will make the research applicable to the clinical setting and provide therapists the opportunity to broaden their horizons for exercising with this unique and deserving patient clientele.

Feedback From Past Course Participants

"Exceeded my expectations....Brilliant!" - Kansas City, MO

"If you are looking for a course to teach how to use research in the clinic, this is it." - Kansas City, MO

"I don't know how but you made a long day short and learning contagious." - Hawthorne, NJ

"Very updated info, an excellent value for the money." - Venice, FL

"Should be a "must" course for every practicing therapist!" - Dallas, TX

"Mark's commitment and dedication to his profession and patients comes through in his seminar." - Chicago, IL

"Mark has truly found his calling both as a treating therapist and a speaker." - Honolulu, HI

"Mark is Great! This is, by far, the best continuing education course I've been to in 13 years of being a PT. It contains the most practical and useful information for use in the clinical setting." - Seattle, WA

Objectives

Upon completion of this seminar, participants will be able to:

- Demonstrate multiple evidence based exercises for every major joint in the body.
- Use evidence based references to strengthen the following muscle and muscle groups:
 - * Scapular and rotator cuff
 - * Core stability
 - * Lateral stabilizers of the hip
 - * Vastus Medialis
- Support geriatric exercise programs through medical literature.
- Discuss basic exercise principles, which will enhance clinical therapeutic exercise programs.
- List barriers for use of evidence based practice in the clinical setting.
- Learn strategies to assess the quality of a study.
- List the levels of evidence used to assess a study.
- Guide a patient through a strengthening program using the principles of 1 repetition maximum.
- Utilize gait and balance assessments to establish and direct exercise programs for the geriatric population.
- Create an evidenced based exercise program to improve the balance of an older adult.
- Guide a patient with Parkinson's Disease through an appropriate exercise program addressing related functional deficits.
- Progress a patient with a CVA through all phases of neuromuscular re-education.
- Be able to use the site of infarct in a CVA patient to guide exercise treatments.
- Use the fundamental positions of Tai Chi for patient treatments in balance, proprioception, posture, and gait.
- List 10 contraindications/precautions to exercise in the elderly.
- Understand the differences of stretching techniques for the older vs. younger population.
- Guide a patient with osteoporosis through an efficacious and efficient exercise program.

Locations

The complete address and location of your course will be provided in a confirmation letter that will be emailed to you at least 3 weeks before the course.

MemorialCare Saddleback
Medical Center
Laguna Hills, CA
February 23-24, 2019

Host: Pro Therapy Services
Location: Sevierville Civic Center
Sevierville, TN
March 9-10, 2019

Host: Community Medical Center
Location: Rehab Institute of
Montana - Gallagher Board Room
Missoula, MT
April 6-7, 2019

Host: Bronson at Home
Location: Gilmore Center at
Bronson Methodist Hospital
7 Healthcare Plaza
Kalamazoo, MI 49007
May 18-19, 2019

Host: Prisma Health - Roger C.
Peace Rehabilitation Hospital
Location: Greenville Memorial
Medical Campus - Robert E.
Toomey Conference Center
701 Grove Road
Greenville, SC 29605
September 14-15, 2019

Host: Encompass Health
Rehabilitation Hospital of Vineland
Location: Inspira Health Network
Fitness Connection
1430 W. Sherman Avenue
Vineland, NJ 08360
November 2-3, 2019

Program Outline

Day 1

7:30 - 8:00	Registration and Continental Breakfast
8:00 - 8:15	Introduction to Geriatric Therapeutic Exercise
8:15 - 10:00	<p>Exercise Principles Developing a foundation of exercise principles which will be used throughout the lecture. Literature will be used to explain and support these concepts: Levels of Evidence, Contraindications, Precautions, Definitions of Terminology, Stretching and Warm Up.</p>
10:00 - 10:15	Break
10:15 - 11:30	<p>Exercise Principles (continued) One repetition maximum will be discussed and with the use of the literature be applied to the geriatric population.</p>
11:30 - 12:30	<p>Orthopedics: Upper Body – Neck and Shoulder Using evidence based literature to develop skilled treatment techniques for the cervical area and shoulder. The literature will be discussed and applied to the clinical setting.</p>
12:30 - 1:30	<p>Working Lunch (on your own) An Instructional Video will be played during lunch with demonstrations of various standardized assessments - Berg Balance, Sit to Stand Test, 400 Meter Walk & 6 Minute Walk Test</p>
1:30 - 2:30	<p>Shoulder and Hand Using evidence based literature to develop skilled treatment techniques for the cervical area and shoulder. The literature will be discussed and applied to the clinical setting.</p>
2:30 - 3:30	<p>Back/Core Exercises The literature will be used to give exercise ideas to the specific diagnosis of stenosis, spondylolisthesis, compression fractures and osteoporosis as well as the core muscles of the lumbar spine and abdominal area.</p>
3:30 - 3:45	Break
3:45 - 4:45	<p>Back/Core Exercises (continued) Lower Body - Hip Using evidence based literature to develop skilled treatment techniques for the lower body, including the hip, the knee and the ankle. The literature will be discussed and applied to the clinical setting.</p>
4:45 - 6:15	Questions and Discussion

Day 2

7:30 - 8:00	Continental Breakfast
8:00 - 10:00	<p>Lower Body - Knee and Ankle Break Neurology - Stroke and Parkinson's Evidence based exercises will be presented to help guide the practitioner create skilled and effective treatments for the most common neuro diagnosis in the elderly, Parkinson's, and the most common neuro rehab diagnosis, stroke.</p>
10:00 - 10:15	Break
10:15-12:30	<p>Neurology - Stroke and Parkinson's Evidence based exercises will be presented to help guide the practitioner create skilled and effective treatments for the most common neuro diagnosis in the elderly, Parkinson's, and the most common neuro rehab diagnosis, stroke.</p>
12:30-1:30	<p>Working Lunch (on your own) An Instructional Video will be played during lunch with demonstrations of various standardized assessments - Dynamic Gait Index, Four Square Step Test, Functional Reach, Physical Performance Test Protocol</p>
1:30-3:30	<p>Unique Neuro Treatments These concepts include muscle re-education techniques, weight bearing and weight shifting techniques. Literature will be given to support these treatment ideas</p>
3:30-3:45	Break
3:45-4:15	<p>Gait The evidence based exercises of the previous sections applied to the muscles needed in different parts of the gait cycle.</p>
4:15-5:15	<p>Balance and Proprioception Using evidence based literature to develop skilled treatment techniques to improve balance and decrease fall risk in the elderly. Included in this section are specific balance exercise programs that have been proven efficacious as well as a Tai Chi lab.</p>
5:15-6:00	<p>Functional Tools - Berg and Tinetti The evidence based exercises of the previous sections applied to the muscles needed to improve scores and decrease fall risk.</p>
6:00-6:15	<p>Odds and Ends Tips to improve day to day delivery of care to our residents ending with innovative exercise programs</p>
6:15-6:30	Final Questions and Close



Great Books

QTY TOTAL

The Functional Toolbox: Clinical Measures of Functional Outcomes . \$89		
<small>Lewis, 290 pages. A compilation of 50 outcome tools to assist clinicians in numerous settings, including orthopedic, psychosocial, geriatric, and sports medicine. Each tool includes in its literary mode of administration, population, validity, reliability, and scoring information.</small>		
The Functional Toolbox II \$89		
<small>Lewis, 250 pages. Supplements Volume I, 50 new tools for orthopedics, stroke, Alzheimers, osteoporosis, lumbar spine, and arthritis. Functional Toolbox I and II special: \$159.00.</small>		
Geriatric Clinical Strategies \$80		
<small>Lewis, 670 pages. Thirteen years of practical and clinical articles covering orthopedics, neurology, cardiology, pain, pharmacology, documentation, marketing, legal, reimbursement, frailty, and managed care. Excellent book to study for the specialty exam.</small>		
Health Promotion and Exercise for Older Adults \$48		
<small>Lewis. Everything a therapist needs to set up group or individualized programs. Over 30 different types of programs are given from posture to stroke.</small>		
Improving Mobility In Older Persons UPDATED \$48		
<small>Lewis. The perfect handbook for therapists in most facilities. This book has evaluation and treatment ideas for patients who need bed mobility to gait. All tools and treatments are evidence based.</small>		
Age-Defying Fitness \$20		
<small>Lewis/Moffitt NEW! Dr. Lewis' newest book. Achieve optimum fitness at any age. An interactive book on the 5 domains of illness for the lay public.</small>		
Prevention and Wellness Toolkit \$69		
<small>Lewis/Ledbetter NEW! This kit is three books in one: The Prevention and Wellness Toolkit, Balance Assessment and Treatment and a detailed manual on how to develop and conduct a prevention and wellness screening and follow up classes.</small>		
Hand-Held Dynamometry \$25		
<small>Lewis. Dynamometry norms, references, testing positions for all referenced motions and equipment suggestions. Compact, easy to use with clear human illustrations.</small>		
1 Repetition Maximum Progression Pad \$12		
<small>This valuable tool has 1 RM values at 50% and 80% already figured out for you and provides a form for tracking exercises and progression.</small>		
Pocket Card - Borg Card \$6		
<small>This card is laminated so you can take it with you to monitor progress and document your patient's rehabilitation programs easily.</small>		
Pocket Card 1 Repetition Maximum \$6		
<small>This valuable tool has 1 RM values at 50% and 80% already figured out for you.</small>		
Pocket Card Bed Mobility \$6		
<small>This valuable tool has time norms, breakdown of movement pattern in degrees for the different stages of supine to sit and a quantitative assessment of bed rise difficulty.</small>		
Pocket Card Sit to Stand Transfer \$6		
<small>This valuable tool has the break down of the sit to stand movement pattern in degrees at each joint for 10%, 35%, 40%, 60%, & 100% of rise.</small>		
Osteoporosis Exercise Booklet \$6		
<small>20 page patient home exercise books. Can be bought in bulk.</small>		
Self Balance Hints for Older Persons Booklet \$6		
<small>20 page patient home exercise books. Can be bought in bulk.</small>		
Pilates for Seniors DVD The Osteoporosis Workout, Instructor Sherri Betz . . \$20		

Prices include shipping via USPS (media mail) and handling within the continental U.S. Sub-Total _____
 We Do Not Accept Purchase Orders. MD residents add 5% sales tax. _____
 Books are only available for preview at GREAT courses. TOTAL _____

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2019 Registration - Geriatric Therapeutic Exercise

YES! Please register me for

- Kalamazoo, MI - May 18-19
- Laguna Hills, CA - February 23-24
- Sevierville, TN - March 9-10
- Missoula, MT - April 6-7
- Greenville, SC - September 14-15
- Vineland, NJ - November 2-3
- PT • PTA • OT • COTA • Other

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Registration Fee: \$545.00 Late Fee \$25.00 Amount Due \$_____

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Compared to other onsite courses, **GREAT Seminars courses are the best value in the business.** Most live courses are 6 hours and cost \$229-\$295 which would be \$40-\$50 per credit. A 20-hour course like this would cost \$800-\$1000! **Get all your CEUs for \$545 NOT \$1000! Plus if you register early - \$495! TAKE ADVANTAGE OF THESE GREAT PRICES!**

Registration

AUDIENCE: Primary Audience - Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapist Assistants. Secondary Audience: Other Rehabilitation Professionals.

LEVEL: This course is at an intermediate level.

FE: The registration fee includes all course sessions, breaks, continental breakfasts, and course handout

- Laguna Hills, CA - \$545. If postmarked before 1/16/19
- Sevierville, TN - \$545. If postmarked before 2/13/19
- Missoula, MT - \$545. If postmarked before 3/13/19
- Kalamazoo, MI - \$545. If postmarked before 4/24/19
- Greenville, SC - \$545. If postmarked before 8/21/19
- Vineland, NJ - \$545. If postmarked before 10/9/19

LATE REGISTRATION: Postmarked after the above date requires an additional \$25 late fee.

EARLY BIRD: \$495 - If completed registration and payment are *received* by

- Laguna Hills, CA - January 30, 2019
- Sevierville, TN - January 23, 2019
- Missoula, MT - March 6, 2019
- Kalamazoo, MI - April 3, 2019
- Greenville, SC - July 31, 2019
- Vineland, NJ - September 18, 2019

DISCOUNT PROGRAM: Receive \$25 off your class registration for each **GREAT Seminars & Books on-site course** attended from 2000 to the present up to a maximum of \$200. In order to receive a discount, a copy of each course certificate must accompany registration form. **No discounts will be taken once registration is completed. Additional discount codes may not be used with the Certificate Discount Program.**

Confirmation: A confirmation letter will be sent via email at least 3 weeks prior to the course with local hotels and information. If you do not receive confirmation 2 weeks prior to class, please call to verify your registration. Registrations are not guaranteed until confirmed. Space may be limited, so register early.

CANCELLATION/REFUND POLICY: Cancellations must be received in **writing** at least two weeks prior to the seminar date for tuition refund less a \$75 administration fee. **NO** refunds will be made after this date.

COURSE CANCELLATION: GREAT Seminars and Books, Inc. reserves the right to cancel a course up to 2 weeks prior to the seminar date. In the event of cancellation of a course only the tuition fee will be refunded in full. GREAT Seminars and Books, Inc. is not responsible for reimbursement of non-refundable airline tickets, lodging, or other related costs.

EDUCATIONAL CREDIT: A certificate of attendance for 20 contact hours of educational activity (20 CEUs or 2.0 CEUs depending on how your Practice Act determines CEUs in your state) will be awarded to registrants upon completion of the seminar. **Great Seminars and Books is an Approved CE Provider for PTs and PTAs in DC, NY, KY, IL, TX and NC. Approved in ID, MD, AR, OK, CA, UT, NM, MS, MI, OH, IN and TN for 20 Clinical Contact Hours. Have applied for approval in NJ. This 20 contact hour course meets the guidelines for a Category A activity with the Montana Board of Physical Therapy as it is approved by other state PT Associations and PT Boards. Our courses also meet the guidelines for approval in PA, VT, AL, IN, WI, VA, AZ, DE, NH, OR, RI, UT, GA, WY, ND and MO. Courses are accepted for CEU's in NE, ID, MT, WA, CT, and IA.** If you do not see your state listed, please give our office a call. GREAT Seminars is an American Occupational Therapy Association (AOTA) Approved Provider of continuing education. Provider #5363. This course is not approved by ASHA or the Board of Certification. Your tuition is tax deductible. **COLORADO PHYSICAL THERAPISTS: This 20 contact hour seminar meets accepted standards for Category 1 continuing competence activities as directed in CO section 12-41-114.6, C.R.S. Please make sure that you have completed the required post-course survey tool. Save your certificate of completion for the re-licensing process.** All expenses of Continuing Education (including registration fees, travel, meals, and lodging) taken to maintain or improve professional skills are tax deductible according to Treasury Regulation 1.162-5 Coughlin vs. Commissioner, 203 F2d 307.

LOST CERTIFICATES: Requests for a replacement certificate must be received in writing stating the name and dates of course attended. The cost for a replacement certificate is \$25.

5 Easy Ways to Register

- WEBSITE:** Online Registration at: www.greatseminarsandbooks.com
- MAIL** your registration form with payment to **GREAT Seminars and Books, Inc., 2639 Revere Drive, Akron, Ohio 44333-2311**
- FAX** your completed registration form with credit card information to 330-865-6941, 24 hours a day.
- EMAIL** your registration via the internet to greatseminars@aol.com
- CALL** Monday-Thursday 10-5 EST, Friday 10-1 EST Toll Free 877-79-GREAT (877-794-7328)
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*AOTA does not endorse specific course content, products, or clinical procedures.
 * A certificate of attendance for 20 contact hours or 2 CEUs of educational activity (2.0 or 20 CEU's depending on how your Practice Act determines CEUs in your state) will be awarded to registrant upon completion of the seminar.